Activities

Complete the following activities individually or in a group (as applicable to the specific activity and the assessment environment).

Activity 1A

Estimated Time	30 Minutes
Objective	To provide you with an opportunity to identify organisational WHS policies and procedures that apply to own work setting.
	This activity will not require observation. 1. In 75-100 words, explain how the WHS Regulations relate to your work setting or one that you are familiar with. Support the duties of the act undertaken by employers. They provide a legal framework to ensure safety of you and others. define duty of care within my organisation and deal with WHS issues. Duties will require me to consider the risks relevant to my work. Inspectors may visit the workplace to ensure compliance and help avoid fines or imprisonment for breaches of the Act. 2. Outline two responsibilities that the Model WHS Act delegates to employers. Provide PPE and training to employees 3. In 75-100 words, identify and summarise two of your organisation's WHS policies and procedures. <u>Minnivale Work Health and Safety Policy</u> Wear Personal Protective Equipment (PPE) as provided and instructed by your employer when undertaking tasks, especially in environments with potential hazards. Always consider the specific requirements of your job role, including fire safety, equipment maintenance, the physical work environment, and transportation needs. <u>Ergonomic policy:</u> Working intensively at a computer can lead to health issues. To reduce risks, it's important to vary tasks, take regular breaks, and step away from the screen. A 10-minute break each hour is recommended, along with time away from screens during tea and lunch breaks. Let your shoulders go loose, shake your whole arms. “Circle your shoulders doing big circles in both directions.”[1] - Page 13 of the learner guide

	You may refer to an organisation you are familiar with if you are not currently in a workplace.

Activity 1B

Estimated Time	**20 Minutes**
Objective	**To provide you with an opportunity to carry out work tasks according to WHS instructions.**
	This activity will require observation. **Select a task that you would be expected to carry out in your role, or a role you are familiar with.** **Demonstrate how you would carry out this task in accordance with the relevant WHS guidelines.**